



## Chocolate Strawberry Shortcakes

 Vegetarian

READY IN



25 min.

SERVINGS



25

CALORIES



81 kcal

DESSERT

### Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 1 cup flour all-purpose
- 0.7 cup heavy cream
- 0.3 teaspoon salt
- 16 oz strawberries stemmed sliced ()
- 0.5 cup sugar plus extra for sprinkling
- 4 tablespoons butter unsalted cold cut into small pieces

- 0.3 cup cocoa powder unsweetened
- 5 tablespoons milk whole

## Equipment

- bowl
- baking sheet
- oven
- wire rack
- hand mixer
- toothpicks
- serrated knife

## Directions

- Preheat oven to 425F. Line a large baking sheet with parchment. Sift cocoa, flour, baking powder, baking soda, salt and 1/4 cup sugar into a large bowl.
- Add butter and rub in with fingertips until mixture resembles coarse meal.
- Stir in milk until a rough dough forms. Do not overmix. Divide dough into 4 equal portions (a heaping 1/3 cup each). Gently shape into mounds; sprinkle tops with sugar.
- Transfer to baking sheet and bake until a toothpick inserted into center comes out clean, 12 to 14 minutes.
- Transfer biscuits to a wire rack and let cool.
- Toss strawberries and 1/4 cup sugar in a bowl.
- Let stand at room temperature, stirring occasionally, until juices form, about 30 minutes. Using a hand mixer on high, whip cream and 2 Tbsp. sugar in a large bowl until soft peaks form.
- Using a serrated knife, slice each biscuit in half horizontally and place 1 bottom half on each of 4 plates. Spoon 1/4 of berry mixture on each bottom. Dollop with whipped cream and top with remaining biscuit halves.
- Serve immediately.

## Nutrition Facts



■ PROTEIN 5.22% ■ FAT 47.17% ■ CARBS 47.61%

## Properties

Glycemic Index:12.6, Glycemic Load:6.08, Inflammation Score:-2, Nutrition Score:2.6691304160201%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 80.93kcal (4.05%), Fat: 4.44g (6.83%), Saturated Fat: 2.75g (17.16%), Carbohydrates: 10.08g (3.36%), Net Carbohydrates: 9.26g (3.37%), Sugar: 5.24g (5.82%), Cholesterol: 12.35mg (4.12%), Sodium: 74.18mg (3.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.21%), Vitamin C: 10.71mg (12.98%), Manganese: 0.14mg (6.88%), Folate: 14.1µg (3.53%), Fiber: 0.82g (3.27%), Vitamin B1: 0.05mg (3.16%), Vitamin A: 156.31IU (3.13%), Selenium: 2.19µg (3.12%), Phosphorus: 28.57mg (2.86%), Vitamin B2: 0.05mg (2.84%), Calcium: 27.33mg (2.73%), Iron: 0.46mg (2.56%), Copper: 0.05mg (2.5%), Magnesium: 8.66mg (2.17%), Vitamin B3: 0.39mg (1.96%), Potassium: 57.38mg (1.64%), Vitamin D: 0.17µg (1.12%), Vitamin E: 0.17mg (1.12%)